# Lifetime Leisure Skills Courses (LLS)

This is a list of all Lifetime Leisure Skills courses. For more information, see Lifetime Leisure Skills.

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</table>
LLS:1302 Tandem Biking 1 s.h.
How to ride a tandem bicycle with a partner; traffic principles and safety concerns; equipment and accessories for tandem bikes; physically strenuous.

LLS:1310 Bicycle Touring 1 s.h.
Planning and packing for self-supported, overnight bicycle touring trips; proper care and use of equipment; physically strenuous; overnight camping required.

LLS:1311 Expedition Bicycle Touring 1 s.h.
Multiday self-supported bicycle touring expedition; camp while exploring iconic touring routes of the United States; very physically strenuous; overnight camping required.

LLS:1320 Mountain Biking 1 s.h.
Basics of mountain bicycling; riding techniques, basic bicycle maintenance, trail etiquette. Taught on Sugar Bottom recreation trail system.

LLS:1322 Expedition Mountain Biking 1 s.h.
Multiday mountain bicycling expedition; very physically strenuous; overnight camping required.

LLS:1350 Marathon Training 1 s.h.
Multaweek training program; for students who currently run on a regular basis and wish to take their running to a more advanced level; physically strenuous.

LLS:1360 Trail Running 1 s.h.
Techniques of off-road running; local running trails in and around Iowa City; emphasis on proper training, clothing, equipment, and nutrition; physically strenuous; no experience required.

LLS:1361 Expedition Trail Running 1 s.h.
Multiday trail running expedition; very physically strenuous; overnight camping required.

LLS:1400 Flat Water Canoeing 1 s.h.
Basics of flat water tandem canoeing; paddle strokes, canoe anatomy, water safety. Taught at Macbride Nature Recreation Area.

LLS:1401 River Canoeing 1 s.h.
Fundamentals of tandem canoeing on moving water; basic paddling strokes, canoe anatomy, hydrology, river safety; overnight camping required.

LLS:1402 Whitewater Canoeing 1 s.h.
Basics of whitewater canoeing; paddle strokes, canoe anatomy, water safety, whitewater hydrology; overnight camping required.

LLS:1403 Expedition Canoeing 1 s.h.
How to plan and pack for multiday canoeing expeditions; Leave No Trace primitive camping; paddling skills in loaded canoes; reading river/lake maps; portaging techniques; rescue techniques; overnight camping required.

LLS:1410 Sea Kayaking 1 s.h.

LLS:1411 Expedition Sea Kayaking 1 s.h.
Multiday sea kayaking expedition; primitive camping; paddling skills in loaded kayaks, reading river/lake maps, rescue techniques.

LLS:1420 River Kayaking 1 s.h.
Fundamentals of kayaking on moving water; basic paddling strokes, kayak anatomy, hydrology, river safety; overnight camping required.

LLS:1421 Whitewater Kayaking 1 s.h.
Basics of whitewater kayaking; paddle strokes, kayak anatomy, rolling and bracing, water safety, whitewater hydrology; introductory pool session; overnight camping required.

LLS:1422 Whitewater Kayak Playboating 1 s.h.
Varied techniques of playboating—a style of whitewater kayaking in which the paddler performs tricks on natural or human-made whitewater features; introductory pool session; taught on rivers in Iowa with whitewater kayaking parks. Recommendations: previous whitewater kayaking experience or LLS:1421.

LLS:1423 Expedition Whitewater Kayaking 1 s.h.
Multiday whitewater kayaking expedition; class I-III rapids, rolling and bracing, safety and rescue techniques; overnight camping required.

LLS:1430 Stand Up Paddleboarding 1 s.h.
Introduction to paddleboarding skills on flat, calm water; paddling environment, board and paddle control, standing and balancing, personal preparation and safety.

LLS:1431 Stand-Up Paddleboard Yoga 1 s.h.
Paddleboarding and yoga, learning and combining two skills in one course; for all skill levels.

LLS:1440 Scuba 1 s.h.
Basics of Scuba diving. Seven weeks.

LLS:1441 Advanced Open Water Scuba 1 s.h.
Participation in five scuba diving specialty activities. Prerequisites: LLS:1440. Requirements: certification as open water scuba diver.

LLS:1500 Winter Camping 1 s.h.
How to successfully and comfortably camp in cold, harsh conditions; snow shelters, hydration, meal preparation, clothing needs; snowshoe/ski travel with sleds (as conditions permit).

LLS:1510 Snowshoeing 1 s.h.
Basics of snowshoeing; physically strenuous.

LLS:1512 Expedition Snowshoeing 1 s.h.
Multiday snowshoeing and winter camping expedition; very physically strenuous; overnight camping required.

LLS:1520 Cross-Country Skiing 1 s.h.
Basics of cross-country skiing in northern Wisconsin.

LLS:1522 Expedition Cross-Country Skiing 1 s.h.
Multiday cross-country skiing expedition; physically strenuous.

LLS:1530 Alpine Skiing 1 s.h.
Basics of downhill skiing; physically strenuous.

LLS:1532 Expedition Alpine Skiing 1 s.h.
Multiday alpine skiing expedition; very physically strenuous; overnight camping required.

LLS:1600 Basic Self Defense 1 s.h.
Basics of self-defense.

LLS:1610 Kickboxing 1 s.h.
Basics of kickboxing.

LLS:1611 Intermediate Kickboxing 1 s.h.
Aggressive workout utilizing heavy bags, coach's mitts, and other equipment; conducted at moderate to intense pace using competitive kickboxing techniques, training methods, and equipment; kickboxing as a conditioning tool with self-defense as a byproduct; not designed to prepare for competition. Prerequisites: LLS:1610.

LLS:1620 Tae Kwon Do 1 s.h.
Basics of Tae Kwon Do.
**LLS:1621 Intermediate Tae Kwon Do** 1 s.h.
Expand on knowledge and skills learned in LLS:1620.
Prerequisites: LLS:1620.

**LLS:1630 Brazilian Jiu-Jitsu** 1 s.h.
Introduction to the sport of Brazilian Jiu Jitsu; basic self-defense, positional grappling, submissions, submission defense; no martial arts experience required.

**LLS:1650 Introduction to Ballroom Dancing** 1 s.h.
Basics of ballroom dancing; overview of several figures; beginner level.

**LLS:1651 Ballroom Dancing: Waltz** 1 s.h.
Beginning through intermediate-level waltz figures; performing a beautiful waltz routine; skills and knowledge to dance with confidence at any formal dance occasion; for all skill levels.

**LLS:1652 Ballroom Dancing: Foxtrot and Tango** 1 s.h.
Beginning to intermediate-level figures in two of the most beautiful and popular dances in the world—foxtrot and tango; for all skill levels.

**LLS:1653 Ballroom Dancing: Rhumba, Cha Cha, Merengue** 1 s.h.
Beginner- to intermediate-level figures in three of the most popular and energy-charged Latin dances of today—Rhumba, Cha Cha, and Merengue; for all skill levels.

**LLS:1654 Ballroom Dancing: Nightclub Series** 1 s.h.
Salsa, the Hustle, Nightclub Two-Step, Argentine tango; for all skill levels.

**LLS:1655 Ballroom Dancing: Rhythm and Smooth** 1 s.h.
Mambo, samba, waltz, Viennese waltz; for all skill levels.

**LLS:1660 Salsa Dancing** 1 s.h.
Fundamentals of Latin/Salsa dancing; musical rhythms, cultural history, postures, technique, basic movements; techniques for developing strength, stamina, balance, poise, and partner dancing skills; traditional social behaviors in salsa’s cultural context.

**LLS:1671 Beginner Knitting: Mindfulness and Patience** 1 s.h.
Basics of knitting while exploring mindfulness and patience.

**LLS:1675 Yoga** 1 s.h.
Emphasis on mindfulness, breath awareness, and attention to alignment.

**LLS:1680 Golf** 1 s.h.
Basic principles and fundamentals of golf swing (e.g., full swing, pitching, chipping, putting); opportunity to practice skills at various facilities; history, basic rules, proper golf etiquette, evolution of golf related to technology.

**LLS:1690 Gardening: Vegetables and Herbs** 1 s.h.
Fundamental skills for successfully growing vegetables and herbs outdoors and in containers.

**LLS:1691 Gardening: Designing Edible Forests** 1 s.h.
Fundamental skills for successfully designing and establishing fruit trees, berry bushes, and perennial herbs in ways that emulate a healthy woodland ecosystem and enrich our interaction with nature.

**LLS:1801 Wilderness First Responder** 2 s.h.
Skills necessary for providing critical medical care and making evacuation decisions in remote wilderness locations; interactive lectures, case studies, and hands-on practice through realistic scenarios help master material; 80-hour certification course.

**LLS:1850 Service Learning** 1 s.h.
Service learning project in an urban or wilderness setting; learn about local community, environment; projects depend on location, season.

**LLS:4000 Independent Study** arr.
Individual study in an area of interest to students; course work determined by faculty supervisor.